



## DECLARATION OF AUTHORSHIP

"I declare that this thesis is the result of my own work except the ideas and summaries which I have clarified their sources. This thesis has not been accepted for any degree and has not concurrently submitted in candidature of any degree"

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## **Abstract.**

The study was carried out to determine the Importance of posture in violin playing in Faculty of Music, Universiti Teknologi Mara (UiTM) Shah Alam Selangor. Objective of this research is to describe the correct posture in violin playing, to investigate student's knowledge and understanding about the importance of posture in violin playing and to find out what are the effects of poor posture in violin playing and to find out what are the effects of poor posture in violin playing. The result shows that majority of the violinists in our faculty are not aware about the importance of posture due to lack of knowledge.

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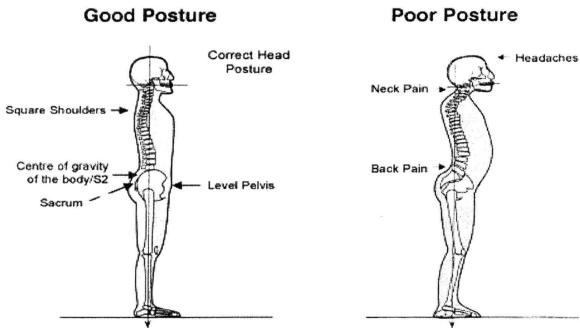


## CHAPTER 1

### INTRODUCTION

#### 1.1 Background of the study

Posture basically means the position that we hold our body straight against gravity in standing and sitting. Good posture involves training your body to stand, walk sit and lie in positions where the least strain is placed on supporting muscles and ligaments during movement or weight-bearing activities (Rosenberger, 2009).



A good posture will keep:

- Bones and joints in the correct alignment so that muscles are being used properly.
- Decrease the abnormal wearing of joint surfaces that could result in arthritis.